

# ApplyEBP's 3 Practical Takeaways

From the article: "*What is the threshold dose of upper limb training for children with cerebral palsy to improve function? A systematic review.*" Jackman, M., Lannin, N., Galea, C., Sakzewski, L., Miller, L., & Novak, I. (2020). *Australian occupational therapy journal*, 67(3), 269-280.

## Dosing for Upper Limb Training in Children with Cerebral Palsy

1

### Goal-directed interventions require lower dose, compared to general UE training

- DOs: collaborative goal setting, whole-task practice, practice in real-life environment

2

### 14-25 Hours of Goal-Directed Interventions Led to Goal Achievement

- Progress measured towards functional goals set by child/family

3

### Home Practice is Important

- Hours in #2 above include 40% face-to-face interventions and 60% practice at home